

N.E.W. S.T.A.R.T.

Learn More!
Contact [insert name] at
[insert phone and/or
email]

Join the
N.E.W. S.T.A.R.T.
challenge and
discover how easy
it is!

This 8-week, self-directed challenge is designed to help increase awareness of your daily habits. The challenge will run [*Insert start through end date*].

You'll receive:

- ⇒ Weekly Newsletter/Email tips
- ⇒ Awareness tips to make active choices
- ⇒ Motivational tips to make simple, yet rewarding changes

A healthier mind, body and soul
Starts Here...

NEBRASKA
Good Life. Great Service.
DEPT. OF ADMINISTRATIVE SERVICES

wellNEssoptions

Toe the line with

NEW START



WEEK 1: Nutrition—choose **ONE** healthy replacement for one unhealthy nutritional habit

Week 2: Exercise—choose **ONE** physical activity to add to your daily routine.

Week 3: Water—drink **ONE** glass of water(8 oz. or more) first thing in the morning.

Week 4: Stress Resilience—reduce your screen time before bedtime each evening.

Week 5: Teamwork—choose **ONE** service project to do with your friends, co-workers, family.

Week 6: Self-Awareness—through journaling choose **ONE** area to learn about yourself.

Week 7: Rest—Log the number of hours of sleep each night—striving for at least 8 hours.

Week 8: Training—re-train your brain by learning something new.

